SANDOW'S MAGAZINE.
Thursday, Nov. 2nd, 1905.

SANDOW'S

Weekly

Magazine

OF . . .

PHYSICAL CULTURE & SPORT.

VOL. XV (New Series). November 2. 1905. No. 122.

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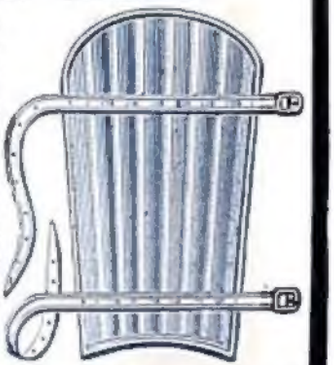

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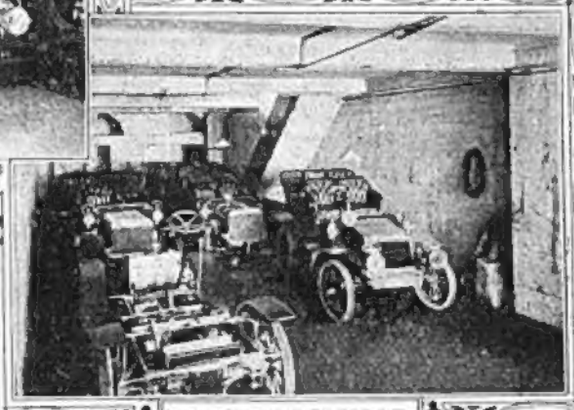

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EDITOR'S AND PUBLISHER'S NOTES.

NOTICE TO CONTRIBUTORS.—*The Editor will at all times be glad to consider articles, stories and sketches addressed to him at 131 Temple Chambers, Temple Avenue, E.C., but in order to avoid waste of time, contributors would do well to submit suggestions for his approval before sending in their work. In no case can the Editor be responsible for the safety of unsolicited sketches and literary matter, but where stamps are enclosed he will do his best to secure their return if unsuitable. When Photos are to be returned contributors should state so clearly on the back of each.*

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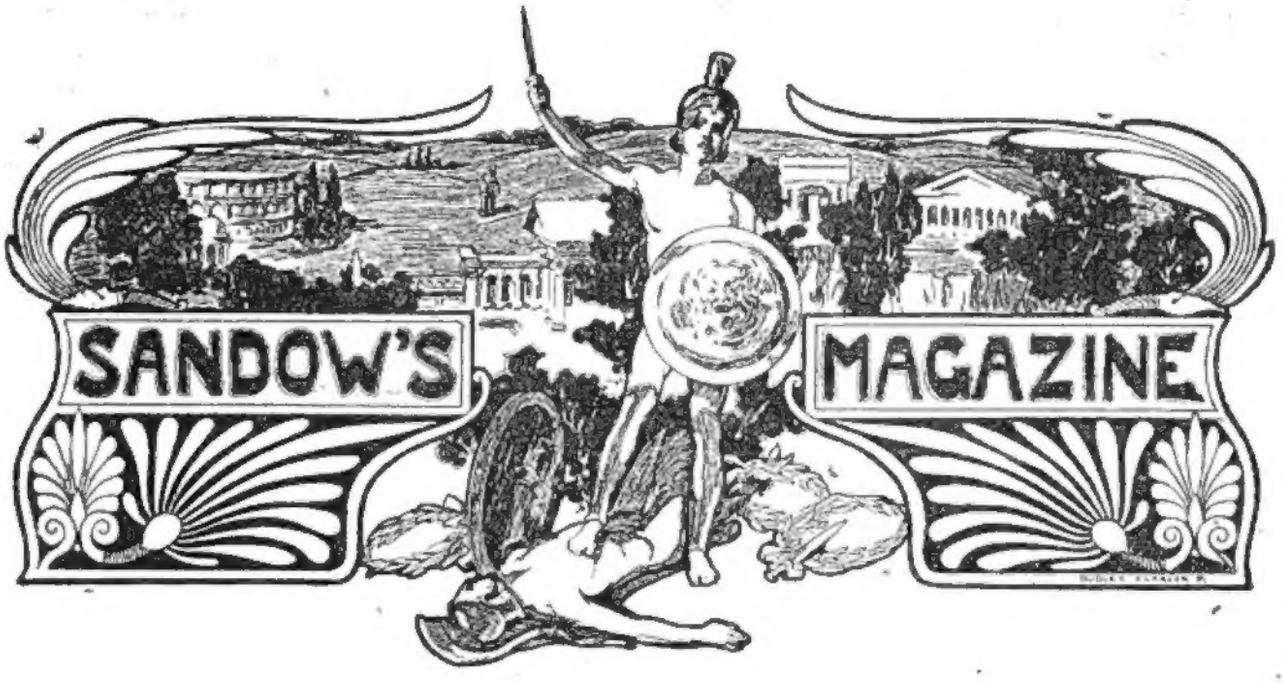

Vol. XV. (New Series). NOVEMBER 2ND, 1905. No. 122.

Physical Culture.—Some Indian Experiences.

BY EUGEN SANDOW.

FOLLOWING on my Indian tour, I have been simply overwhelmed with correspondence, some enquiring as to the results of what they are pleased to describe my health crusade, whilst others ask me to publish my impressions of my journey through the Indian peninsula. So far as the former is concerned, time largely will show, for we do not look for the actual beneficial results at once, any more than we expect to see miracles, although some of those with whom I came in contact apparently imagined that it was for that purpose I had come amongst them.

Just now, when special attention is being drawn to India by reason of the tour of their Royal Highnesses the Prince and Princess of Wales, some remarks by one who has just returned from that country may prove of special interest.

It is not possible in the space at my command to more than merely touch upon one or two features of life in so great a country, and one, too, where the features are so numerous and varied as to tend to confuse the understanding in much the same way as the eye is puzzled by the intricate colour mosaic of a kaleidoscope. The different religious and caste distinctions and the varying physical aspects of so vast a land, all go to make a kaleidoscopic, rather than a well-defined, picture to the mind's eye.

The inequality of the sexes—the much inferior status of the female—is clearly illustrated by a well-authenticated incident of Indian history.

One of the country's kings had a beautiful daughter, whose hand was sought by several rival princes. Fearing to give offence, he solved the problem

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by killing her, saying: "What is a woman's life that it should cause trouble?"

Another evil feature of Indian life is the custom of child marriage. This may be largely responsible for my impression of the Hindoos as being the children of children in physique and strength.

I may be pardoned for relating a personal incident of my tour, and I only introduce it because it so forcibly illustrates the attitude of the native mind towards new methods, especially European.

It appears that my lectures and demonstrations in an adjacent city had been attended by some villagers. Their tales of my success in the treatment of ailments greatly incensed the village medicine man—one of the Naga fakirs, I was informed. Fearing the moral and material damage likely to result from my Natural Healing teachings, he conceived the idea of stirring up a hostile demonstration against me on my passage through his village to another large city. The road was blocked up by excited and threatening villagers, at whose head appeared the fakir on his self-sacrificial couch of spikes.

Fortunately, the headman came forward and parleyed with my interpreter, adding that he had an ailing son sorely afflicted with stomach troubles, and if I could cure him the villagers would be appeased.

The sly old fakir took up the request as a challenge of his own.

I asked for the suffering man to be brought before me, and as the result of an examination I decided to accept the challenge, but said I should require some time in which to effect a cure.

The fakir jeered at this, and demanded an immediate cure. I asked how long the sufferer had been under the old man's unsuccessful treatment. The father answered "Three years," and I undertook to effect a cure in less than three months, to the great chagrin of the fierce old fakir. I also pointed out that, in view of my engagements at other places, it would be necessary to take the sufferer with me, but undertook to bring him with me on my return within the specified time.

The headman, no doubt remembering the fruitless ministrations of the fakir, readily enough agreed to entrust his son to my care.

To cut the story short, I returned in the specified time with the patient a well man.

By the strange telepathy of the natives the news preceded my return, and the villagers turned out *en masse*, but the fakir had disappeared from a place where he felt he would no longer be sufficiently honoured.

The relation of this incident of my tour in the Far East reminds me that while we have no Naga fakirs in England, yet it is clear to me that many here are more or less under the spell of fetishes of another kind, in the shape of patent medicines.

During the past twelve months the amount received by the Revenue for stamp duty on patent medicines was £331,439, and the number of stamps sold was 40,506,574—one to every man, woman, and child in Great Britain.

It is so easy to run to a near-by drug store when violations of Nature's laws exact their penalty of suffering. This course is prompted solely by the hope of immediate relief. There is no thought of how to permanently reform the conditions that give rise to the pain and weakness. Soothe to-day's pain and let to-morrow's take care of itself. But what of to-morrow? Will not the ridiculously simple act of swallowing a nostrum prove all too tempting once again?

Thus drug slaves forge their own fetters of slavery to drugs.

Thus, temporary derangements of body and mind become chronic, and the sufferer is a slave to TWO hard masters—disease and drugs.

I hope my words will avail with those who will make up their mind not to wait for bitter experience to teach them the truth of what I have said.

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Hints on Club Swinging.

By TOM BURROWS

(Champion of the World).

Edited by F. NEVILLE PIGGOTT.

Cinematograph photographs specially for this series by R. W. Paul, 68 High Holborn, W.C.

XII.

WE now come to what may be best termed a bent arm "bunch" with four clubs (Plate LXV), into which is introduced a glide with the undermost club in the left hand, the commencement of the glide being shown in Fig. 1, whilst Fig. 4 gives the completion of the movement so far as the glide is concerned. This is an advanced combination, which will require a deal of practice before you will be able to accomplish the necessary change from a position with the clubs extended to a quick "bunch" movement. It is advisable to get the necessary evolutions correctly with one club in each hand before attempting the completed movement.

In Plate LXVI we have a clearly defined star movement, the complete formation being shown in Fig. 4. It is a most effective combination. To accomplish it, you commence with the clubs extended in parallel order, and follow the positions as shown in the accompanying photographs.

The latter portion of an inward combination with three clubs is shown in Plate LXVII. The left arm is just coming from behind the shoulder in Fig. 1, whilst the two clubs in the right hand are completing the inward circle.

Continuing with the three clubs, I next give you an extended roll, in which the positions are very clearly shown (Plate LXVIII). Be sure and keep the right arm and the two clubs well extended, so as to give play for the single club to pass underneath and the two clubs to work inside and over the left arm.

In Plate LXIX we have the centre and conclusion of a front star combination with four clubs. The moment when the complete combination is accomplished is shown in Fig. 1, to reach which you commence with an inward front and back shoulder combination, and then cross the clubs and continue as shown.

The lower parallel glide with four clubs in Plate LXX. is worked in conjunction with a parallel shoulder combination, following which it is necessary to keep the clubs close together when you bring them in front of your body.

We have a most difficult roll shown in Plate LXXI, into which the right leg is brought into play for the purpose of accomplishing a leg and shoulder roll. Before attempting this, it will be necessary for you to become thoroughly conversant with all the rolls and glides in the series. The amount of wrist work in bringing the two clubs in each hand into extended positions at the proper moment is tremendous, and can only be achieved after considerable practice, but when once achieved the movement is a most graceful one.

The completion of the evolution is given in Plate LXXII., and is sufficiently plain to require no further explanation from me. You will, no doubt, find it very difficult to maintan your equilibrium whilst balancing upon one leg, but this will come with practice.

In conclusion, I give you a set position describing a leg under and over glide, in which, as in the preceding movement, the difficulty lies chiefly in keeping the leg in the proper position whilst the glide is being made. This particular glide will be found a good change from the hip glide. Commence with a parallel circle,

and then raise the leg as shown, the extended arm being carried under the thigh and the club then turned to the front, from which position the glide is made.

Having concluded the explanation of the various movements so clearly described in the photographs, I wish to take this opportunity of expressing my indebtedness to Mr. R. W. Paul, the eminent cinematograph expert, through whose kindness I am able to offer to club

PLATE No. LXV.

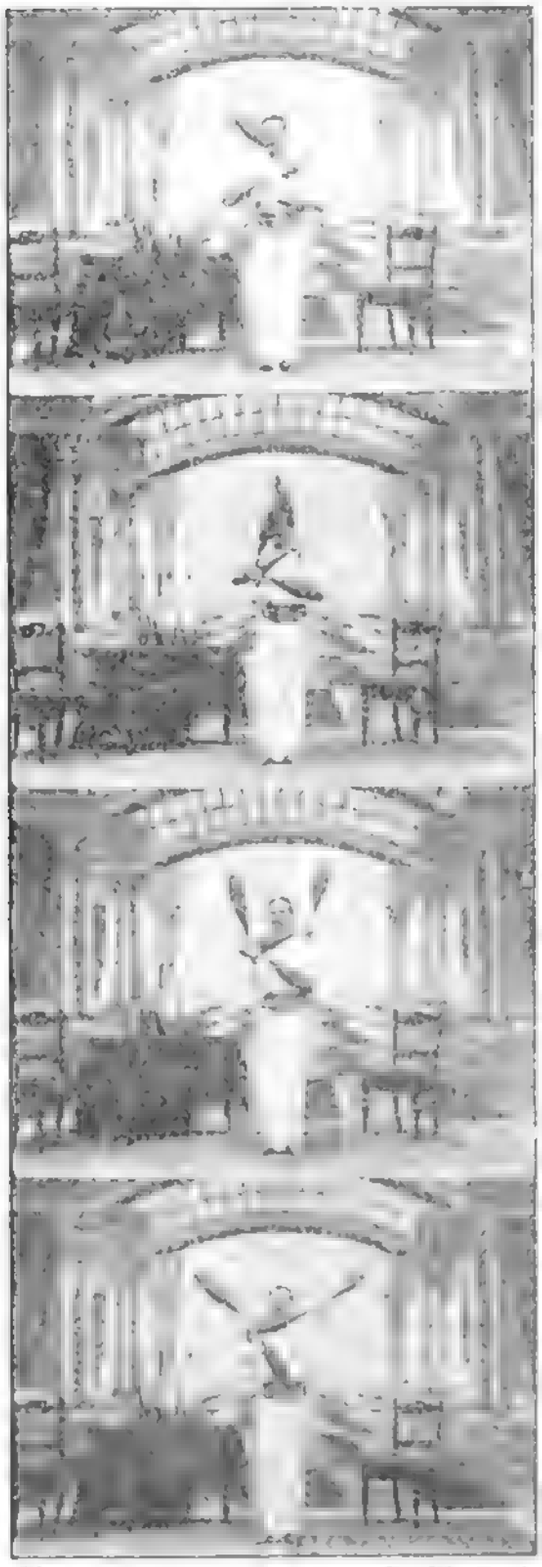

Photo. R. W. Paul.
BENT ARM BUNCH WITH FOUR CLUBS.

PLATE No. LXVI.

Photo. R. W. Paul.
STAR COMBINATION WITH FOUR CLUBS.

swingers for the first time this most unique method of describing the various movements which are necessary to accomplish the evolutions described by me. I feel sure they will prove of incalculable value to those who favour this excellent means of muscular development, and hope that they will assist club-swingers to take increased interest in the shape of evolving fresh exercises. Club-swinging

PLATE No. LXVII.

Photo. R. W. Paul.

INWARD COMBINATION WITH THREE CLUBS.

PLATE No. LXVIII.

Photo. R. W. Paul.

EXTENDED CLUB ROLL WITH THREE CLUBS.

is looked upon by some as an exercise devoid of variety, but this idea is only bred of ignorance, and although many of the exercises which I have described in these pages may appear very difficult, they should only tend to enhance the value of your work, and cause you to aim at something above the ordinary course.

THE END.

PLATE No. LXIX.

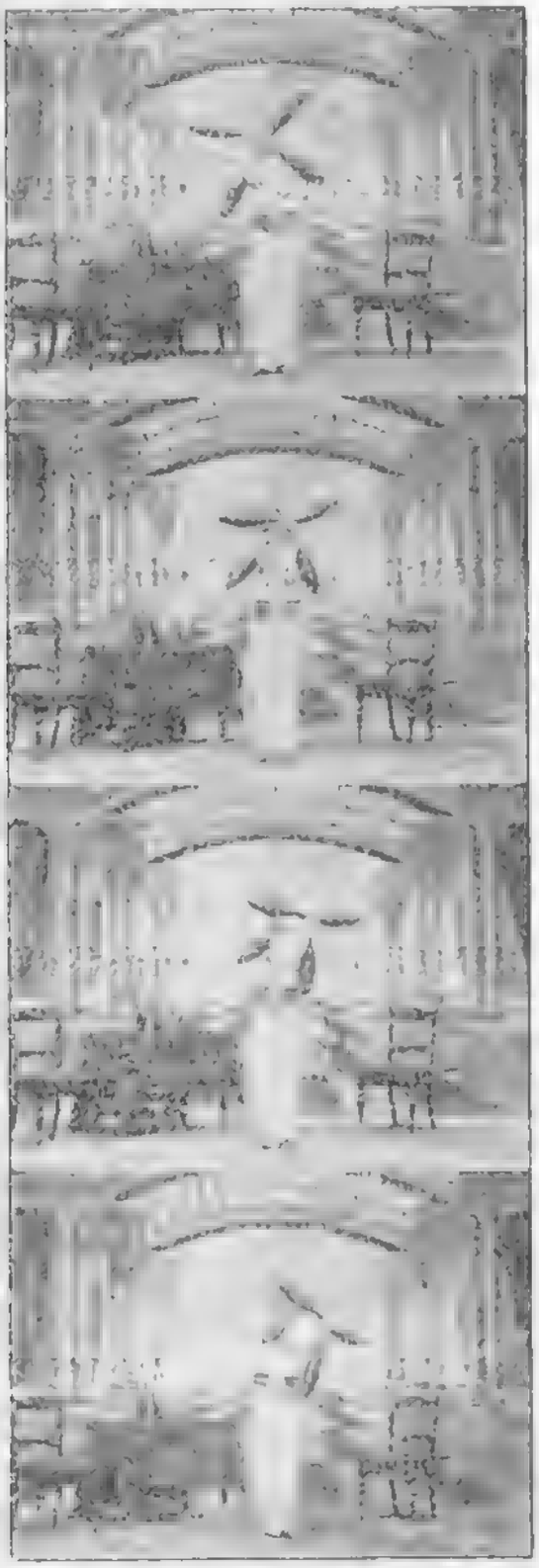

Photo R. W. Paul

FRONT SPAR COMBINATION WITH FOUR CLUBS.

PLATE No. LXX.

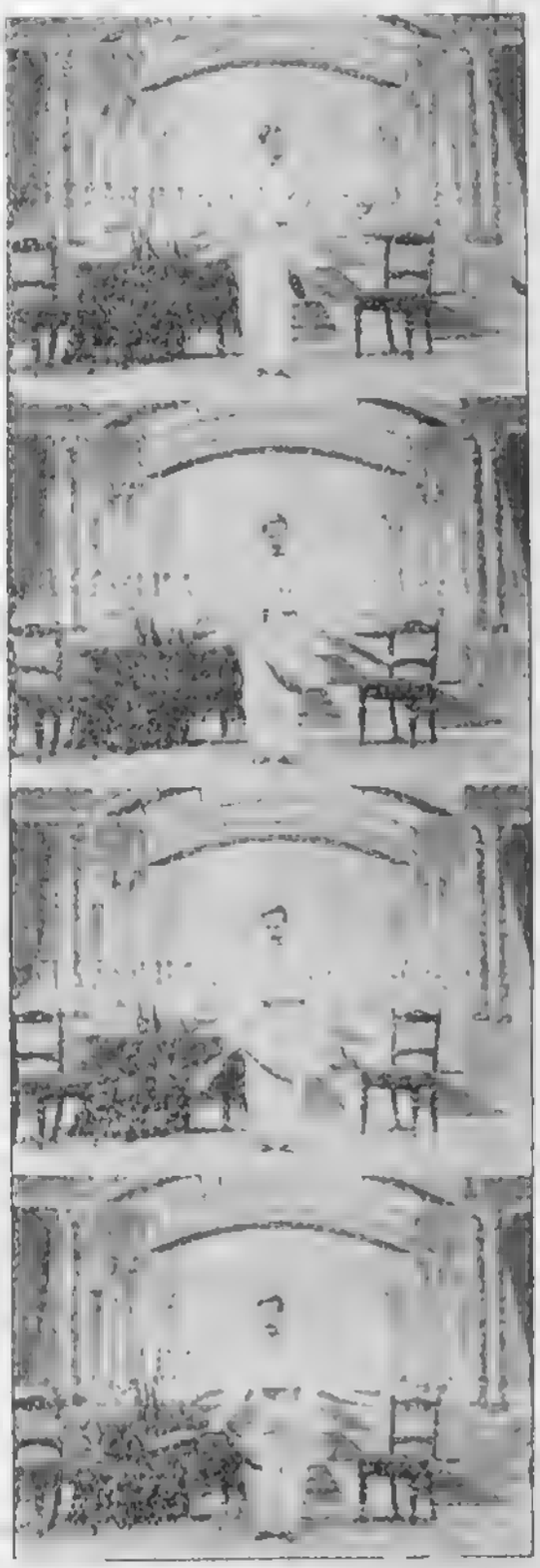

Photo R. W. Paul

LOWER PARALLEL GLIDE WITH FOUR CLUBS.

PLATE No. LXXI.

Photo. R. W. Paul.

LEG AND SHOULDER ROLL WITH FOUR CLUBS.

PLATE No. LXXII.

Photo. R. W. Paul.

EXTENDED CLUB LEG ROLL WTH FOUR CLUBS.

It is Mr. Burrows' intention, providing sufficient promises are forthcoming from subscribers, to publish the series of articles in book form at the popular price of 6d., and he would be pleased to receive the names and addresses of would-be subscribers as early as possible. They may be sent to the offices of the Magazine, 131, Temple Chambers, E.C.

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F. Emerson, Eastbourne.
Robert Turnbull, Bristol.
B. L. Bensley, Middlesex.
H. Nelson, Grimsby.
P. R. Reid, Aberdeen.
Henderson, Lancashire.
Edward Brown, Sussex.
Henry Wilkinson, Kent.
E. A. Mackenzie, Sheffield.
P. E. Lea, Ipswich.
Chas. Warner, Wednesbury.
Percy Aston, Kilmarnock.
George Grey, Cumberland.
Walter Hoare, Dudley.
M. Scott, Colchester.
J. E. Wallis, Darlington.
S. Raleigh, Edinburgh.
W. J. Sanders, Lincoln.
Ernest Haynes, Plymouth.
E. Ingham, Aylesbury.
George Lascelles, Taunton.
Gilbert Robinson, Bolton.
Robert Ford, Halifax.
William Blake, Inverness.
N. Long, Highgate.
Chas. Duncombe, Maidenhead.
James Holes, Brockley.
D. G. Mitchell, Winchester.
J. W. R. Beresford, Devonshire.
Harry Marshall, Birmingham.
V. R. Fowler, Preston.
Will Goodman, Jersey.
S. Sullivan, Cornwall.
Richard Webb, St. Albans.
J. H. Wright, Brentford.
E. A. Heron, Liverpool.
Joseph Walker, Richmond.
A. A. Allen, Rochester.
David O'Connor, Inverness.
Sidney Renshaw, Wolverhampton.
Hugh Gower, Macclesfield.
Arthur Lawson, Yorkshire.
Edward Jennings, Sunderland.
Daniel Lomax, Southampton.
Henry Hopkins, Leeds.
Chas. Macpherson, Worcester.
F. Barrington, Limerick.
Alfred Gibbs, Blackburn.
George Jacobs, Westmoreland.
Samuel Laurence, Canterbury.
P. A. Martin, Surrey.
Herbert Bell, Gateshead.
Grant M. Scott, Edinburgh.
Albert Nash, Wath-on-Dearne.
John S. Reuben, Mysore.
W. Harrold, Tynemouth.
A. A. Venayecka, Bombay.
W. Rodan, Belper.
Herbert Darran, Camberwell.

PLATE No. LXXIII.

LEG UNDER AND OVER GLIDE

[ALL RIGHTS RESERVED.]*

The Tightest Place I was ever in.

VIII.—Among the Polar Ice-Floes.

By CAPTAIN F. G. JACKSON.

• • •

IT was in the summer of 1895, after the ice had broken up, and we had succeeded, by blasting and sawing, in releasing our ship from her icy bed in the floes, and had started her on her return voyage to civilization, that I decided upon a boat journey from our quarters on Cape Flora, Franz Josef Land, along the Southern Coast towards the West, to endeavour, if possible, to pass the furthest point yet seen in that direction, beyond which the world was shrouded in mystery, and so to discover and map in the seas and lands beyond that gateway to the then Unknown.

The natural conditions which prevailed were anything but promising for a boating expedition, but as these were out of our power to alter, we had to take them as we found them. The land was covered by perpetual ice of many hundreds of feet in thickness, which, by over-running hills and dales, and thus levelling up points and depressions in one solid mass, gave the country a turtle-back appearance in contour. This huge glacier formed all along the coast-line high ice-precipices from forty to eighty feet above the sea-level, and only at long intervals of many miles was this barrier interrupted for a few hundred yards by a beach formed of broken-down *débris* from rocks above which kept back the ice.

Landing was out of the question except upon the distant beaches referred to.

These conditions render boating exceptionally dangerous, for in the event of a sudden storm arising, the possibility of reaching a spot where it is possible to land is exceedingly problematical. The ice-covered sea and arctic climate add their own peculiar difficulties to such enterprises.

The only available craft was a whale-boat, 25 feet in length and 5 feet 7 inches in beam, carvel built, and undecked. She was fitted by us with lug and jib-sails, and a rudder in place of the usual steering oar. Her timbers were not in the best condition, having seen many years; some, in fact, were quite rotten, but she was the best we had.

AN ARCTIC INFERNO.

In the second week of July, 1895, we left Cape Flora, and after an adventurous and dangerous voyage, exploring and mapping the whole coast from that point to Cape Neale in the West, we succeeded in effecting a landing upon this previously unattainable spot. From the summit of the cape I could distinguish country in the extreme distance to the North and West, until that moment unmapped—in fact, undiscovered.

The coast-line to the west, along which I proposed to continue my explorations, presented a most forbidding aspect, with unbroken ice-precipices towering above the ice-covered sea, extending as far as the eye could reach, and precluding any possibility of landing. Hardly a rock was to be seen, not a single plant, nor sign of life, but everything was white

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and ghostly. The ice-clad land itself rose by a steady incline to a height of about 2,000 feet, on the summit of which a dense white mist rested, giving a weird, spectral appearance to this truly arctic Inferno.

It was not without considerable misgivings that about 9 a.m. on the 28th July, 1895, I gave orders to set out on our solitary journey. The party consisted of six, including myself.

The wind was light, and as we rowed clear of the heavy drifting ice which hung about the land we made for the more open water off Cambridge Bay. The weather gave promise to be fine, in spite of the tendency of the barometer to fall. These promises were unfortunately soon to be dissipated. By 2 p.m. the wind had increased to a fresh breeze, angry dark clouds showed on the north-eastern sky, and snow began to fall. In the course of an hour the wind had further increased to a moderate gale, the sea had become still more encumbered with ice, and it was with the greatest difficulty that we kept our craft from being sunk by collisions with it. At this time we were about a mile off the glacier-bound coast, with Cape Lofley bearing north of us. The icy land was now shrouded in low-lying clouds and mist, and snow continued to fall. Ahead, in the distance, to the west lay the white, misty outlines of a promontory which I had named Cape Mary Harmsworth, but beyond nothing could be seen but black, angry clouds and a turbulent ice-encumbered sea.

NO SHELTER IN SIGHT.

Our conversation had now almost dropped to silence. Things were beginning to look very nasty. A gale was evidently fast getting up, and the nearest point, so far as we could see, where the boat could be hauled out, and refuge obtained, was Cape Neale, which we had left eight hours before, and now lay astern of us in the extreme distance to the east, almost blotted out of sight by the lowering clouds and storm-tossed sea.

Still we pressed on, now grazing the formidable masses of ice bearing down upon us with the rolling sea, and next moment having to put the boat's head up into the wind to avoid an unusually strong gust which threatened to capsize us.

By 5 p.m. we had sighted the ice-precipice which surrounds Cape Mary Harmsworth on the eastern side, and all hopes of finding a refuge had fled.

Hurriedly I took counsel as to the best line of action. No hope of safety apparently lay ahead, so I decided to turn the boat's head round, and endeavour to reach Cape Neale, which we had left in the morning. Away we went with every reef taken in, the spray flying over us and drenching us to the skin; the thick mist and falling snow almost shutting out all sight of land.

Soon I found it out of the question to proceed any farther under sail, and the heavy following waves threatened to cause the boat to broach-to. There was nothing to be done but to attempt to weather out the storm in the open.

We hauled down the sails, made a deep-sea-anchor from three oars, attaching an ice-anchor to give weight, and by making it fast to the bows of the boat by a length of manilla rope, succeeded in bringing the boat's head up to the sea.

Owing to lack of weight, the sea-anchor was insufficient for this purpose, and on several occasions the first of the three successive rollers washed it home upon us, causing the second wave nearly to swamp us, filling the boat with water, and only by desperate baling did we get it clear again; the same experience being repeated in a few minutes.

AT THE MERCY OF THE STORM.

We were drenched to the skin, bitterly cold, and very hungry. The outlines of the land had disappeared some time in the snow-storm and dense mist around us. Nothing could be seen but a narrow circle of angry, storm-tossed sea, with towering waves which each moment threatened to swallow us up.

The storm continued with increasing violence, and by 11 p.m. it was blowing a fresh gale, and in the gusts a strong gale. Our boat was making a lot of lee-way and rapidly leaving the land. Weathering Cape Neale looked more than problematical. Huge breakers

threatened to sink us at every moment, rising like mountains over our heads, and each seemed to engulf us. Sleet and snow continued incessantly throughout the night. It was bitterly cold, and we were very tired and hungry, but our boat required such constant baling out, and other work, and there were such difficulties in the way of reaching food, that taking any was out of the question. Thus we rode out the night, expecting every moment to go down.

During the following day matters had in no way improved. It blew harder than ever, tremendous cross seas were running, which often rendered it impossible to properly head them. We were, however, still afloat, but shipping a lot of water, and only by incessant baling we got the boat clear again.

Three or four times we were all but rolled completely over and half filled, but managed to right her.

About 4 p.m. a jagged mass of ice fouled our sea-anchor and cut it adrift, rendering the boat even less under control than before. Our lives entirely depended on our breasting the waves. To attempt to recover the anchor was out of the question.

Only once or twice during the second day did we get any glimpse of the position of the land through the snow and sleet. It was certainly growing more and more distant.

Sleep was out of the question. Heavy seas constantly washed over us, yet, strange to say, especially when on duty in holding the boat's head up to the sea, I experienced the very greatest difficulty in keeping awake, notwithstanding I knew that we should all go to the bottom at once if I failed to do so. Once or twice I nearly dropped off in spite of my teeth. Thus we spent yet another night, the gale still howling around us with unabated fury. The third day dawned. It was blowing as hard as ever, but now changed to the north and north-west with incessant snow. The swell and the cross-seas were very high, the latter often being very tumultuous. The boat had become heavy and deficient in buoyancy, and as she rolled she shipped water over either gunwale.

To remedy this as much as possible, and to give her more free-board, we threw away such articles as were heavy and could best be spared.

Our position was most precarious. Not a word was spoken, yet every man felt that the chance of life was very small, and that we were in all probability bound for the bottom; and the cairn and the record we had left on Cape Neale would be the last that would be heard of us.

ASHORE ON A BARREN LAND.

On the afternoon of the third day, to our immense relief, a lull in the storm occurred, the clouds to the north-east lifted somewhat, showing the nearest land very dimly about forty miles off, and bearing about N.N.E. of our position.

I at once determined to make a run for it, and set reefed lug and jib sails.

Away we went tearing before the wind; a collision with ice would have sent us to the bottom, and our vigilance had to be redoubled, but after about seven hours' sailing, fairly racing through the water, so that hitting floating ice was a constant danger, we approached land, which proved to be Cape Grant.

We succeeded in rounding the north-east side, hoping to find it sufficiently protected by headland to enable us to get ashore without swamping the boat.

Huge masses of ice came thundering in with the swell, and stove in the boat as we ran for the beach, but we succeeded in reaching the land. All got duckings in landing, largely owing to our exhausted condition, for some of us could hardly stand. No food, no sleep, hard work and exposure to arctic weather for three days, to say nothing of anxiety, would try a polar bear.

How thankful we were to stand on firm land again the reader can well imagine! We were safe for the present.

When we had had some food we huddled together in our wet clothes on the floor of our little tent and fell asleep, with the gale, which had come on as bad as ever, howling outside, and snow falling fast.

We slept without waking for twelve hours.

CORNERING A PYTHON.

• • •

[*The following was related to the writer by a man who was formerly a Ship's Butcher.*]

"I WAS employed on one of the Ducal Line boats, the *Duke of Buccleuch*, in the year 187—. You know a butcher's wage isn't much, so I used to make a bit extra by carrying a few things on my own account on the outward voyage to Colombo and Calcutta, and selling them to the various shopkeepers with whom I had business dealings. Coming home, I would bring a dozen or so of parrots, two or three small snakes, and a box of curios, for the latter of which I obtained a good price from my friends and relatives, but for the parrots and snakes and other live things I had a standing order from a naturalist in the East End. The name of the firm I do not wish to give, as they place many a shilling in our seamen's pockets.

"A butcher has special advantages over the rest of the crew for carrying and feeding live stock, and sometimes I had a rare old lot of pets to look after, I can tell you. But I shall never forget the terrible fright I once had when bringing home a python.

"I picked it up cheap in Calcutta, and, before paying for it, I made the seller agree that the python should be well fed, wrapped in a blanket, and put into a strong wicker hamper, and tied down. This was done in a satisfactory manner, and I bribed two of our Lascar crew the night before we sailed to carry the ten feet of coiled-up snake into my deck-house.

"We had a fair run down the coast, and arrived at Colombo, where I went ashore and obtained a supply of fresh meat. Our voyage was an uneventful one until we were half-way through the Red Sea. You know, probably, what the heat is like when making this voyage at certain seasons of the year. Everybody seems exhausted, and unable to move about without great effort. Somehow or other I felt very depressed, and made sure something dreadful was going to happen.

"One evening, just as the air was beginning to cool a bit, I was on deck having a smoke, when one of the Lascars, who carried the snake aboard, came to me and, with a grave face, said that my python had escaped out of the basket, for he had himself seen its head sticking through the port-hole of my shop. Now, my shop was on deck, and I knew that if any of the passengers or officers were to pass by and see Mr. Python wriggling about there would be instant alarm, and a 'dressing down' for me by the 'Old Man.'

"To tell you the truth, my first fear was, I should be found out in having possession of such an ugly customer. I hastily bade the Lascar to keep a still tongue, and moved off quickly towards my 'shop.' When I arrived there, about a foot of the snake was hanging out through the port-hole. I hesitated a moment to try and think what I should do. At last, I resolved to attempt to push the snake back again through the port-hole, and instantly set about putting my plan into execution.

"I went into one of the other deck-houses, and obtained a blanket from a mate's bunk. Then I cautiously approached, holding the blanket before me, until I was near enough to throw it over

the snake's head. This done, I wrapped the blanket in folds, and pushed the escaped portion back with all my strength, until the python had disappeared, drawing the blanket with him. Hastily closing the port-hole, as well as I could from the outside, I looked through one of them to view the position of the python. I could see that his enormous body lay coiled up at the corner of the table, just underneath, and that his head still pointed upwards.

"Here was an awkward dilemma, and I braced myself up to enter and try to replace the snake in the hamper without giving him time to settle down. I opened the shop door, and again threw the blanket loosely over the python, and quickly drew the hamper to the edge of the table, and pulling the body towards it, allowed it to drop with a thud; then I hastily closed the lid, and made the fastening so secure that Mr. Python should not have a chance of getting out again, for, besides tying it down with rope, I fixed a piece of stout wire through the wicker work, and twisted the ends with a pair of pincers I borrowed from the carpenter's shop.

"We arrived in the Thames ten days later, and the Custom House officer who came aboard off Gravesend didn't ask to rummage under the snake, you may be sure. After the ship was berthed, I obtained a 'pass out' for my luggage, and the hamper was soon in the hands of my friend the East End naturalist, and glad I was to get rid of the responsibility of carrying home a ten-foot python.

"I always had a faint suspicion, though, that my friend the Lascar knew more about how the snake got out of the basket than he would care to tell, yet why he should have played the trick on me I couldn't understand. However, as I was leaving the ship for good after that voyage, I never troubled to inquire further about the matter."

A Strong Man needs a Strong Watch—not a clumsy, heavy watch, but a good, strongly-made Watch, and there does not appear to be the slightest shadow of a doubt that there are no stronger nor better 30s. Silver Watches to be purchased anywhere than the "Veracity" Watches advertised in our pages by Messrs. J. N. Masters, Ltd., Rye. We say this upon the authority of strong men who have worn "Veracity" Watches for years—some for more than twenty years, and still speak well of their strength and *lasting excellence*.

Corporal Jeffcutt, of the 3rd Dragoon Guards, says he bought one seven years ago, and it is as good as ever. He wore it through the South African war, and it was not out of repairs once.

A Canadian Colonist told Mr. Arthur Rose, Strathburn, Ontario, he had been wearing a "Veracity" for four years and it had cost him nothing for repairs. It was pronounced equal to watches costing 20 dollars (£4) in Canada. Similar high opinions are, we see from their testimonials, sent continually to Messrs. Masters from all parts of the Kingdom and Colonies, and as the cash-with-order price for either a Lady's or Gentleman's Silver "Veracity" watch is only 27s., we can confidently say that any reader requiring a Watch cannot do better than purchase from this well-known and old-established firm. Those who would like to wear the watch whilst paying for it are well catered for, the watch being sent at (30s.) for 2s. 6d. with order, a further sum being payable on receipt, and balance at 2s. 6d. monthly. So that no one wanting a good watch need be without one. Messrs. Masters will send Booklet of Watches and Testimonials free to any reader mentioning SANDOW'S MAGAZINE.

The Invincible Footballers.

By EUGEN SANDOW.

(Mr. Sandow thus expresses himself in the *Weekly Dispatch*.)

THESE islands are the traditional home of Rugby football—a game, with its combination of science and rough-and-tumble, more typically national, perhaps, even than cricket.

Year by year the game has developed and grown in popularity. More and more people have played it—more and more people have made a study of it. Sporting writers have discussed with minuteness its many possibilities. Matches have been played between clubs, between counties, between the four countries. The British people, in fact, had nothing to learn about Rugby football.

Last month there landed in England fifteen young New Zealanders. While taking a half-languid interest in their arrival, the British public were inclined to extend a patronising greeting to these men, whose sporting enthusiasm had brought them many thousands of miles from the other end of the world.

In the slang of the day, it was felt to be very "sporting of them," especially as they could not hope to "make much of a show" against the English clubs. The first match was played, and the result created a sensation throughout the country, for the New Zealanders not only beat one of the very strongest teams, but beat them badly.

In all subsequent matches they have shown the same astonishing superiority. They have not only beaten the Englishman at his own game; they have thrashed him at it. Metaphorically speaking, they have wiped the floor with the English Rugby football player.

"WHY DO THE NEW ZEALANDERS WIN?"

Naturally the question has arisen—"Why do the New Zealanders win?" How is it that for the whole hour and twenty minutes that the game lasts they can play with an energy that never tires and never relaxes? I think the reason is not far to seek.

It is a matter of physique. In the first place the splendid climate of New Zealand is peculiarly suitable for the proper physical development of the Anglo-Saxon. I say this with authority, for I have studied the question of physical development in nearly every part of the globe, and nowhere have I found better conditions for the culture of the body than in New Zealand. The air and the climate are perfection.

Again, New Zealanders are a more primitive community than the British. Here civilisation has strewn the path of the young man with distractions which are interesting and amusing enough, but do not tend to improve his physique. Music-halls, theatres, cafés, dinner parties—the life about town—all admirable things in their way, but none the less distractions. The New Zealander has few of these "advantages of civilisation." He has still to think of his body, for the need of good muscles and sinews is obvious to him every day. If the Londoner feels fatigued after he has walked a mile he can take a 'bus or a hansom.

NEW ZEALANDERS NEVER TIRED.

The New Zealander cannot allow himself to be tired; he possesses few artificial aids to assist his strength or lack of strength. He is forced by the competition for existence to pay attention to his body. That he does give it the necessary attention I can vouch for. Nowhere have I found more ardent adherents to the cause of physical culture.

My three schools at Christchurch, Wellington, and Auckland are better attended than any others, and the students are, taking them all round, the most

splendid body of men I have ever seen. And the New Zealander is a physical culturist for the sake of physical culture. Unlike so many people in this country, who merely take a course of scientific exercises with the hope of benefiting their health, he exercises himself to make his body perfect. He gradually develops himself, working up evenly all over his body all his muscles. Thus he is nearly always in condition, and he can play football at the top of his strength without any ill effects.

TRAINING ESSENTIAL.

With the Englishman it is different. I have to confess that I believe there to be a certain amount of physical deterioration in this country. For this the life of the towns is largely responsible. Moreover, the Englishman does not use his body either with sense or discretion. Many a young man has come to me for a course of training, and after examining him I have said to him, "Why have you a strained heart?" After questioning him closely I have found the answer nearly always to be the same. During the season he plays football; in the off season he does nothing.

Another football season comes round. He argues with himself: "I played football last year; I can play it again this year." So he rushes, without training of any kind, into the most violent of games. Even if they do not strain their hearts, they suffer debility of some sort. Consequently for the first half of a game they may, with great exertion, play up to the utmost of their strength, but towards the end of the second half they are tired and fagged out, their play is devoid of all spirit and dash, and at the end they are exhausted. Football under such circumstances is a positive danger.

Of course, the footballer during the off season, should gradually train himself up for the first game. To do this it is not necessary to play the game itself. At the most he can practise the principal muscles used in football in his bedroom every day, so that in the first match they are trained tight and able to bear the strain put upon them. What usually happens is that the footballer, completely untrained, either tears the fabrics off his bones, injures himself internally, dislocates a joint, or strains his heart. If I were to stop my training for six months, and at the end of that period lifted one of my great weights, I should certainly do myself a very serious injury.

HOW TO ATTAIN ADAMANT ENDURANCE.

But I do not say that this is the proper method to train for football, nor, indeed, the method by which the New Zealanders have attained their excellence. To train the principal muscles used in the game is better than nothing; but it will not give the player that adamant endurance which will enable him to push, collar, scrummage, run, dribble at the top of his strength from the kick-off to the last whistle. It is the man who is evenly developed who lasts best. I have always been an opponent of developing one set of muscles and neglecting the others. Gradually, bit by bit, a man should build his body up, not exercising one muscle at the expense of another. For there is a strange system of economy in the body. One muscle feeds another, one muscle helps another.

If all the muscles are evenly developed there is an almost infinite reserve of strength to draw upon, and this makes for that endurance which has so astonished the British public in the case of the New Zealanders. This is the secret of their success, that their whole course of life and training has tended to the gradual and even development of their bodies. This is the secret and nothing else, for they are no better at the science of football than the Englishman, the Scotsman, the Welshman, or the Irishman.

I am prepared to back my opinion, and I issue this challenge through the *Dispatch*:—Give me fifteen good football players, and let me train them for six months. They shall live as they like—always in moderation, however—they shall drink and smoke and live their ordinary lives; but at the end of the six months, provided they are good football players, I guarantee they will run off their feet any Rugby football team within the Empire.

Physical Culture at Grantham.

* * *

TO THE EDITOR OF SANDOW'S MAGAZINE.

DEAR SIR,—It is with the greatest pleasure that I write to tell you we have formed a "Physical Culture Department" in connection with the Young Men's Christian Association.

The Association has only been restarted about six months (after a lapse of ten years), but we already have well over 200 members. We are extremely fortunate in having had placed at our disposal premises which are almost ideal for an association of this kind, consisting, as they do, of a very large house, with comfortably fitted-up lounge, billiard room, reading, smoke, and three games rooms, lecture hall, study, bathroom, and caretaker's quarters. Then we have an extensive garden, with two tennis courts and a large yard for quoits, etc., and last, but by no means least, a spacious gymnasium fitted with a complete set of apparatus.

It is in connection with this latter that the Physical Culture Department has been formed.

Mr. Arthur Priestley, M.P. (who is well known in Parliament as an enthusiastic disciple of physical culture) has kindly consented to become president, and inaugurated the season with a lecture on "Physical Culture," during which he dwelt at some length on the merits of the Sandow system to a crowded house.

At present we are not in a position to employ a qualified instructor, but this difficulty has been surmounted by the kind offer of Mr. F. W. Johnson (Sandow gold medallist) to show us the system of exercises as taught by Mr. Sandow. Mr. Priestley has also intimated that he will help us in a like manner whenever he has the time at his disposal.

As an incentive for the members to concentrate their minds on the work, we are offering a gold and a silver medal for the most improved development by the end of the season.

We are trying to popularise SANDOW'S MAGAZINE, and thereby Physical Culture, and already have several subscribers amongst our members (the writer having taken it from the first number without a break).

I hope at a later date to send you photographs showing that we are following the example of the great Sandow.

Faithfully yours for health,

HUBERT H. STOODLEY,

Hon. Sec. Recreation Committee.

The Young Men's Christian Association, Middlemore House, Grantham.

Oct. 14, 1905.

* * *

The Rev. W. R. Dawson, M.A., headmaster of the Grammar School, presided at the lecture given by Mr. Priestley. The lecturer pointed out that the intellectual, mental, and moral well-being of the individual depended greatly upon the

well-being of his physical system. Referring to the problems which students of English social life had to consider, one of the most important was the displacement of the people from the country to the city. Still, he was of opinion that the fear of physical deterioration was exaggerated, although it could not be denied that the most favourable conditions for producing the finest physique were associated with the country. Where there was congestion, with its vitiated air, there must be degeneracy, but it did not mean that a low standard of life was always going to be experienced in the large towns. He did not want to see Englishmen commercial machines, whose lives were, day in and day out, a grinding toil to produce material wealth. They must take a rational view of life, and participate in pleasures which are legitimate and honest. Englishmen were the most athletic people in the world, but they neglected scientific physical culture. Intellectual development was admirable, but in many cases the subjects taught at school were luxuries. Every child should be taught the laws of health and cleanliness, and the schools should adopt a system, like that of Sweden, of scientific physical education and not mere athleticism.

The Mayor (Mr. G. H. Linnell), in moving a vote of thanks to the chairman and lecturer, referred to the splendid work the Rev. W. R. Dawson had done in connection with the Grammar School, and congratulated the audience upon hearing such a splendid lecture.

Mr. Tryner Lynn seconded the vote of thanks.

The lecturer and chairman suitably responded, Mr. Priestley mentioning that if any one present felt inclined to take up a system of physical culture he would be glad to give him all the assistance in his power.

The Owls Musical Society.

So popular have the periodical re-unions of this flourishing society become that yet another migration has been found necessary in order to provide adequate accommodation for members and their friends. This season the club is located at the handsome new Gaiety rooms in the Strand, and that the committee's decision to change their headquarters is fully appreciated was evidenced on October 21, when the thirteenth season was inaugurated with a ladies' concert. Not only for conviviality is the society noted; philanthropy also plays a leading part, as witness during the past five seasons well over £200 has been contributed to the *Referee* Children's Dinner Fund. As of yore, Mr. George Lakeman occupies the onerous position of honorary musical director, and, if we may judge from the entertainment he put forward, he intends to maintain to the full his excellent reputation for high-class bills of fare. Well diversified, the programme gave unstinted pleasure to all present, amongst those who assisted towards the success being such well-known entertainers as Misses Katie Moss, R.A.M., Ruby Wilson, and Blanche Ambrose, Messrs. Henry Burleigh, Robert Dennant, Maurice Garland, Fred Hastings, Wilson James, and Tom Clare, whilst Mr. Mansell Stevens as usual presided at the pianoforte. Mr. Pat G. C. Shaw, the president, was in the chair, and during the evening he announced that the programme for the season will include six ladies' concerts, three "smokers," one Cinderella dance, and a dinner, the next fixture being for to-night (Thursday), when the members will meet at a smoking concert.

Munro v. Hackenschmidt.

* * *

Tremendous interest was taken in a match, under the catch-as-catch-can rules between that fine Scottish athlete, Alec. Munro, who is well-known to readers of Sandow's Magazine as a fine example of the results of Physical Culture and the redoubtable Russian, which took place on Saturday last at Glasgow.

Perhaps no athlete at present in the business, especially that of wrestling, has had such a brilliant career as Georges Hackenschmidt. Since he first came prominently before the public some six years ago Hackenschmidt has carried all before him, not only on the Continent and in England, but in America and far-off Australia, and, despite the many claimants to the title, it would be difficult perhaps to name one who has better grounds for calling himself champion than the splendidly-built athlete who was born at Turfew, on the shores of the Baltic, twenty-eight years ago. Though still in the pride of his youth and strength, and with winning honours thick upon him, Hackenschmidt has, in the opinion of some of the critics, got to the length of his tether. This idea may not be prevalent in sporting circles south of the Tweed, but ask the question across the Border to-day, and nine out of every ten would answer, "Hackenschmidt's time is at hand. The pride of Bonnie Scotland, Munro is considered by his friends—and they are legion—as absolutely invincible as a catch-as-catch-can wrestler. His matches have resulted in one long string of successes, and no athlete of modern times can boast such a following as that possessed by the Scottish champion. All Scotland is crazed over Munro, and Hackenschmidt is a name to be conjured with in anything pertaining to wrestling. The match was the outcome of a challenge thrown out by the Scotchman soon after Hackenschmidt's return from Australia and during the visit of the Russian to Glasgow. Both men were showing at rival halls in the city, and as neither management would give way it was decided to bring off the bout on neutral ground towards the end of October. The conditions were as follows: Style, catch-as-catch-can, best of three falls; wrestling time limited to one hour unless each man gains one fall during the hour, in which case they will wrestle a deciding fall; one fall for either man within stipulated time will win the match. Munro has been a catch-as-catch-can wrestler all along, but Hackenschmidt only took to this style when, eighteen months ago, he entered upon his tour in the Colonies. The Russian, however, quickly made his mark under the more popular rules, and in Australia, as well as in the States, he put down every man who faced him.

So much has been written about the Russian that a repetition of his long list of performances is altogether unnecessary. Since he took to catch-as-catch-can wrestling, Hackenschmidt has defeated Buttan Singh, Carl Webber, and John Scott in Australia, and Tom Jenkins, John Piening, Gotch, and all the best men in the States, and he is now matched with the Turk, Ahmed Madrali.

For a man his weight—15st.—Munro is remarkably quick and clever. First a blacksmith by trade, he cast away the hammer and took to the truncheon—or in other words he joined the police force. At that time he was a strong, raw-boned lad of about 13 st. Fond from his youth of all athletic exercises, Munro received

his first lesson in wrestling from Captain Campbell, of Thinness Farm, Sutherlandshire. He subsequently took part in and won a tournament held at the Black Isle, and as a reward got 25s. Filling out steadily, Munro developed into a splendid specimen of an athlete. He is solidly built, especially about the chest—inflation is next to impossible—while he is a speedy runner and can, without preparation, clear 5 ft. 2 in. in a high jump. Like Hackenschmidt, the Scottish champion shows great nervous strength, and invariably overwhelms an opponent by a sudden burst of irresistible power. He is all solid bone and muscle, and a perfect mass of natural and developed strength. In his great thickness of wrist and forearm he possesses a decided advantage over the majority of his opponents. We may add that Munro, who is 29 years of age, has been wrestling regularly for the last seven years, and at tossing the caber he is without an equal. His favourite work in training is rope-climbing, sprinting, dumb-bell exercises, and as much wrestling as he can get. Among others he has met and defeated we may mention Tom Jenkins (twice), Romanoff (the Russian), Emil Deriez, Paul Dupont, John Bain, Joe Carroll, Dennis Gallagher, E. Ettinger, Sturme (the German), Franz de Ridder, Calvet, Cherbonnier, Ka Houta, and Lucrenzi. He also stood off Yukio Tani for fifteen minutes in the Jap's own style.

The following measurements of the men, taken quite recently, are worthy of perusal:—

Munro: Height, 5 ft. 11¾ in.; chest (no expansion), 48 in.; weight, 15 st. 5 lb.; thigh, 27½ in.; calf 17½ in.; forearm, 15½ in.; wrist, 8¾ in.; neck, 18½ in.; biceps, 18 in.; waist, 34½ in.

Hackenschmidt: height, 5 ft. 8½ in.; chest, 52 in.; weight, 14 st. 10 lb.; thigh, 28½ in.; calf, 18½ in.; neck, 22 in.; waist, 35½ in.; biceps, 18½ in.

The contest attracted a huge crowd to the Ibrox Park enclosure. Hackenschmidt won the first fall in 23 mins., 4 secs., and the second in ten minutes, thus winning by two falls to none.

A full report of the match will appear in our next issue.

An Offer to Hackenschmidt and Madrali.

To the Editor of Sandow's Magazine.

I learn that articles have been signed and a preliminary deposit placed in your hands for a match in the catch-as-catch-can style between these men, at a place yet to be decided upon, and on a day yet to be selected, between November 27 and December 9 of this year.

If it can be so arranged that a later date can be agreed upon, I have much pleasure in suggesting Olympia as the battleground upon which the two giants of the wrestling arena should decide the question of superiority.

I have taken the great building in Addison Road for a number of years, but, unfortunately, my tenancy does not commence until December 23.

If a fresh agreement can be entered into for the contest to take place during Christmas week at Olympia, I shall be pleased to place the building at the disposal of the men any day they may suggest, and will offer them 60 per cent. of the gross receipts, to be divided between winner and loser as provided by the existing articles.

The suitability of Olympia as a venue for this great contest can hardly be questioned, and, whilst the honour of victory will be handsome remuneration for the winner, the financial results likely to be gained by the acceptance of my bid, as compared with the possibilities in any other direction, should, I feel, be sufficient inducement for the slight postponement of this big event, of which the sportsmen not only of England but of the whole world are eagerly watching the outcome.

EDWIN CLEARY,
Manager Olympia.

Olympia, Kensington, London,
Oct. 1905.

Sporting Notes.

* * *

Swimming and Water Polo.

The Executive Committee of the Northern Counties S.A. met at Liverpool on Oct. 21 to enquire further into the case of David Billington (Bacup), who took part in what was described as "The Seine Race," and which was alleged to have been a mixed race for amateurs and professionals. At a previous meeting, held at Manchester, on Saturday, Sept. 30, Billington had failed to satisfy the committee that he understood the race was distinctly amateur, and an adjournment took place to allow of further evidence being produced. After a hearing lasting several hours, the executive came to the conclusion that the explanation was unsatisfactory, and that Billington was a professional.

* * *

At the St. Bernard Swimming Club's annual gala held in Edinburgh on Oct. 16, the principal item on the programme was the appearance of D. Billington in an attempt to lower the Scottish record for one thousand yards, which stood at 13 minutes 43 2-5 sec. Billington started off with a powerful trudgeon stroke, and swimming grandly to the finish did the distance in 13 min. 26 sec., which beat the record made by J. A. Jarvis at Paisley in 1899 by 17 2-5 sec.

* * *

The first race for the 100 yards Scottish Amateur Union Swimming Championship was decided on October 17 at the annual gala of the Glasgow Hibernians' Club. The entrants were: Arch. McMillan, Maryhill Victoria Club; A. Macfarlane, Clydesdale Club; J. Greenlees, Thistle; D. Anderson, Dolphin; John Gilchrist, Dolphin; and Duncan Anderson, Southside. The race was a grand one between Macfarlane and McMillan, but the Clydesdale man just won. Result: Macfarlane, 1; McMillan, 2; Gilchrist, 3. Time, 66 1-5 sec.

Wrestling.

Madrali, the terrible Turk, met Sandland, the champion of Leeds, in a wrestling bout at Hull last Thursday. The conditions were catch-as-catch-can style, the best out of three falls, for £40. Madrali threw the Yorkshireman twice in succession, securing the first fall in 8 min. 9 sec., and the second in 5 min. 4 sec., and was declared the winner. In one instance the Turk got hold by the half-Nelson, and in the second fall held his opponent's shoulder high before laying him down.

* * *

On behalf of Madrali, Antonio Pierri has put down £100 for the Turk to throw Alex. Munro, of Govan, four times within an hour, catch-as-catch-can style, whether Munro wins or loses with Hackenschmidt, as Pierri says, "just to let the public see I am in earnest, as I do not require cheap newspaper advertisements, and as one suggests I am bluffing. All Munro has to do is to put up his £50, and I will pay his expenses to London. Surely these terms are reasonable. He has not got to wait to see how Madrali succeeds with Hackenschmidt. It will not be wrestling for an hour and then a draw."

Boxing.

With the single exception of the London and Westminster Bank, who, for several years, have encouraged boxing in addition to other branches of healthy sport amongst members, there is only one other banking house to which a regular club is attached, and that is only of recent formation. In the various branches of the Union and Smith's there has been an abundance of amateur talent for some years past, and it was recently decided to formulate a club at headquarters with Mr. R. H. Nunn as president. No difficulty was placed in the way of using a certain part of the premises, and, with plenty of members forthcoming a number of the older athletes at once offered their services as honorary instructors. On Tuesday there was quite a large number of youthful aspirants present, and to judge by the manner in which they shaped, the Bank should soon be able to boast of several clever young exponents. The instructors who give their services each week are Messrs. L. G. Ilsley, North Road C.C., and German Gymnastic Society; W. E. Delamotte, G.G.S. and Mincing Lane B.C.; H. Wilson and G. Venning, Mincing Lane B.C.; and F. P. Turner, Old North London B.C. and Queen's Westminster B.C. In addition to their respected president, other officials are: Vice-presidents, Messrs. L. J. Cornish, O.U.A.C.; L. E. Thomas, J. E. W. Houlding, and P. J. Wiffen; captain, Mr. George Venning; vice-captain, Mr. H. Wilson; hon. treasurer, Mr. F. P. Turner; hon. secretary, Mr. C. M. Wright; committee, Messrs. B. P. Donkin, Orion Gymnasium, C. Summers, Autriform B.C., A. F. Carbonell, Old Merchant Tailors, E. H. Judson, Blackheath H., D. E. Crickmay, H. L. Powell, and L. G. Ilsley, German G.S.

The Trafalgar Prize Money.

The muster-roll of the crew of the Victory at Trafalgar has never been drawn up with absolute accuracy. That this can now be done is mainly attributable to a centennial Nelsonian discovery. In the possession of Messrs. Magos, of 109 Strand, are two roughly-bound folio volumes of stamped receipts; the earlier, dated August, 1806, deals with the division, *pro rata*, of the £300,000 voted by Parliament for the whole of the British Fleet, while the later, commencing with the date of April, 1807, shows the distribution of the Trafalgar prize-money and Bounty Bills. The first page of the Victory section of one of these unique volumes is reproduced in the current issue of the *King*. From their contents one is able to learn the name of every member of the Victory's crew who took part in the glories of the great battle.

Any day may be seen, lying across the feet of his master, the driver of a Barnes-to-Liverpool-street omnibus, a terrier which was trained by Sir Henry Irving. Fighting was the joy of its life, and in time the actor gave it to an actress who wanted a watch-dog. She did not keep the animal long, but while with her it tore to pieces the uniforms of a policeman and a postman, and the clothes of a dustman. She bestowed the treasure upon the driver. Jim, as the dog is called, behaves with admirable propriety on the omnibus, but off it he is a terror.

Notes of the Week.

* * *

Carlisle Wrestling Academy.

A new club was founded in Carlisle on October 10th, under the above title, and great things are expected from it. The following leading wrestlers opened the Academy, by giving exhibitions in the art of wrestling: J. Graham, 11½ stone Champion of the World, Cumberland and Westmoreland; T. Graham, 11 stone champion; J. Little, ex-Champion of the World at 11½ stone; John Strong, all-round weight Champion of the World; R. Harrison, J. Milbourne, J. Musgrove, J. Black, W. Henderson. After the exhibition, of Cumberland and Westmoreland style, by the above, an exhibition in catch-as-catch-can was given by A. R. Castle, 10 stone champion of Cumberland, and W. Wood, of Morton. They gave a magnificent display, and, after a grand bout, the judges declared a draw. During the evening a match was arranged between Tom Graham, 11 stone Champion of the World, and J. Steele, a prominent weight-lifter in Carlisle. The wrestle was a match between science and strength, and Steele was thrown twice in succession in the simplest manner. A 9 st. 7 lb. competition was also got through. T. Baimbridge, after disposing of seventeen opponents, was awarded a magnificent belt and gold medal. Before awarding the belt the judge made a few remarks, congratulating the competitors on the able and scientific manner they had wrestled.

* * *

A public meeting in connection with the physical culture class was held in the Skipton public hall on Oct. 17, Mr. Jos. Cumberland presiding, to hear an address by Mr. G. W. Murdoch on "Physical Culture, Ancient and Modern." After a few words from the chairman commending the system, Mr. Murdoch gave his address, and was well received. He traced the subject of athletics down from the Spartans and Ancient Greeks, along through the periods until our own days, and showed how the physique of horses or dogs, and even cattle and sheep, had been considered, and only the best of their kind bred from, until England had the finest animals in the world; but he lamented that the same trouble had been neglected in the breeding of the most important of all animals, viz., the *genus homo* or man. He suggested that when the class had been well established they have a class for girls and young women, and he hoped that the members would not make it a point in their training to become professional acrobats, but use the courses to develop their bodies to the highest perfection of manhood. The meeting then took the form of a discussion, and several questions were asked, and the tutor, Mr. Smith, went on to the platform and showed some of the exercises that the class would be taught. The meeting concluded with a hearty vote of thanks to Mr. Murdoch for his valuable address.

* * *

On Saturday, October 21, the ceremony of placing in charge of the Lord Mayor (Alderman John Pound) for keeping at the Mansion House until next July the National Challenge Trophy won at the recent Bisley Meeting by the English team, was performed in the presence of a large and influential company, which included Lord Cheylesmore (chairman of the National Rifle Association), Lord

Waldegrave, Colonel Crosse (secretary of the N.R.A.), Major P. W. Richardson, Captain of the English Twenty, Major H. A. Porter, Adjutant of the team, and many others. Major P. W. Richardson, in handing the handsome trophy to his Lordship, stated that there had been forty-two matches, of which number Scotland had won twenty-four times to eighteen by England. The conditions of the contest were for twenty marksmen to shoot in each team, representing England, Ireland, Scotland, and Wales, seven rounds each being fired at 200, 500, and 600 yards. The contest this year has been very close and exciting, England winning the match on the last shot by one point, the scores being: England, 1,924; Scotland, 1,923; Wales, 1,883; and Ireland, 1,871, the average of the winning team being 96.2 per man. In fitting terms the Lord Mayor congratulated Major Richardson and the team on their success in securing the treasured trophy—a trophy which he should himself be proud to possess. Afterwards the challenge shield, competed for by ambulance sections attached to Volunteer Corps, was handed to his Lordship. The winning team was that of the 2nd V.B. Royal Fusiliers (City of London Regiment).

National Dangers.

BISHOP OF LONDON ON SMALL FAMILIES.

The Bishop of London has made a vigorous attack on the decline in the birth-rate and the modern attitude towards religion in his annual charge to the clergy and churchwardens of his diocese at St. Paul's Cathedral.

It was impossible, he said, for him to describe with what dismay he viewed the decline of the birth-rate, not only in England but also in the Colonies.

The prevailing love of comfort was responsible to some extent, and they must learn themselves and teach others to live the simpler, healthier life that their forefathers did.

It was more than a question whether physique in England was anything like what it used to be, and no case had been made out by those who claimed that the declining birth-rate was accompanied by a higher standard of physique.

The Bishop deplored the prevailing apathy towards religious instruction among the middle and upper classes.

The ignorance of the children of the upper classes in religious matters was a national danger, he said.

Men and women of the present day, who spent every Sunday on the golf-links or on the river, did so because they had no strong conviction to lead them to do anything else. They did not go to church because they did not care about what they might hear in church. When they were children they were never taught in such a way as to leave a lasting impression on their minds.

He was instituting a grand council to deal with this subject of religious instruction, and he would ask the co-operation of every clergyman in the diocese.

There was, added the Bishop, no fairer field for work than that among the boys and girls of England, and there were none more capable of being imbued with noble conceptions of chivalry and honour than those who came from the better classes.

And Editorial Chat.

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

E. WALTON (LEYTONSTONE).—No, I do not think posing in an art school would constitute a violation of the laws of amateurism. The judges of the competition will deal with the other portion of your letter.

R. BRAXSTON (CURRAGH).—It would not be possible for me to reply to all individually. If it were sent with coupon for the competition, it would be dealt with by the judges, who have many thousands to inspect.

S. M. RAMSAY, W. AMY, and E. G. WRIGHT (BARBADOS).—Many thanks for letters and photo, which will appear later. The excellent results shown are most gratifying to me.

J. BOGLE.—The photos have to be sorted out from many thousands. The results of your section will appear shortly.

J. W. L. BOLTON (LONDON, S.E.).—By some extraordinary and inexplicable means the last part of the sentence in reply to your inquiry was omitted. It should have read: "I should not advise you to exercise more than twenty minutes at night."

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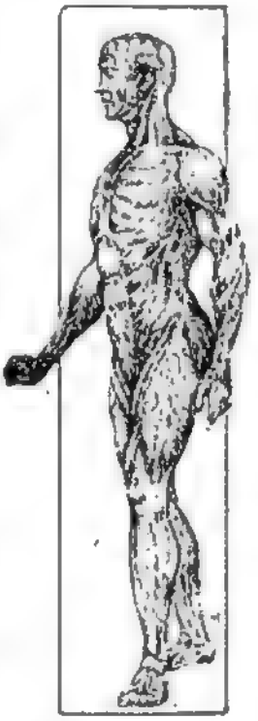

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Our Ladies' Pages.

Women and Physical Culture.

The following letter to the Editor of the *Lincoln Gazette*, anent a paragraph which appeared in that journal recently, speaks for itself, and should prove interesting to our lady readers :—

SIR,—In your issue of the 7th inst. I chanced upon a paragraph headed "Housework and Health," which pointed out that "there is nothing like housework for physical culture." I do not know to whom your numerous readers are indebted for that piece of information, but I do know that whoever it may be, be it male or female, it only serves to show their absolute ignorance of the very rudiments of physical culture.

The first thing which the embryo physical culturist learns is that "work is unconscious and physical culture is conscious." Work is classed with recreative exercises, and I see that your contributor has made a hit at that also, only he or she makes a mistake when mentioning "Beating the air with Indian Clubs" as part of the procedure at "so-called Physical Culture Clubs."

I will deal firstly with the former part of the column and then with the Indian Club section. Your contributor remarks that "in the various complex movements performed by the different sets of muscles during the innumerable evolutions incidental to housework we have an admirable system of gymnastics peculiarly adapted to the needs of women." Now in that sentence there would be nothing to find fault with had it not been spoilt by the first sentence, which describes housework as physical culture, thus making the second sentence a contradiction of the first. Physical culture and gymnastics are two absolutely different things; whilst the former is a science, the latter is a recreation.

Now, I am not going to argue that housekeeping should be a secondary matter. No; I believe that every girl should be well domesticated and quite capable of scrubbing a floor or cooking a meal in an able and efficient manner, no matter in what station of life she may be, but it is an absurd and antiquated idea that physical culture is not for women. A woman most decidedly derives a certain amount of exercise out of scrubbing a floor or making a bed, but you must remember that there are other muscles in the body besides those which are used in these particular instances.

Now, as to the Indian club swinging section of the paragraph, it is ridiculous to infer that club swinging is a part of the routine in a Physical Culture club. We have a club in Bridlington which embraces both gymnastics and physical culture, but the classes are exclusively for each of those subjects, and Indian club swinging is performed by the gymnastic section and certainly not the physical culture section. In the latter, we teach all the best

and most up-to-date methods of scientific body-building as taught by Eugen Sandow and others; we teach our pupils that the mind must be concentrated upon the particular muscle or muscles which are being brought into play, otherwise no material benefit can result, as physical culture is as much an exercise of the will power as of the muscles.

The women of to-day are in need of physical culture quite as much as are the men; they are weak, dyspeptic, and subject to bilious attacks and sick-headaches, and they fly to drugs instead of Nature's remedy.

Speaking to our head instructor, I. Salmon, G.G.A.C.A.G.U.C., a short time ago about the physique of the present-day up-to-date young lady, he remarked that they are terribly weak and helpless, and in the gymnastic section there were few, if any, who, when they first became members, could pull themselves up to their chest on the horizontal bar; and this is from an instructor of great experience, who has trained some hundreds of men, women, and children.

In giving you the above illustration I am not lauding gymnasts, but merely make use of it to show the weakness of the women of to-day. It is a woman's duty to see that she is healthy and strong. Both health and strength are within the reach of every woman if she only likes to grasp it. It is a duty which she owes not only to herself but to her God that she shall develop her body to its highest state of perfection.

"For as it is the temple of the soul,
'Twere well that we its beauties should extol."

And if she does that duty she will bequeath to the future generation a heritage of health and strength which is of far greater importance than riches. Sandow says: "The strong man is not born but made," and that applies equally well to women.

The paragraph which you inserted in your columns is quite capable of doing much damage to the cause of physical culture. Although it was only small, yet it was quite sufficient to create a wrong impression in the minds of those people who do not bother to search below the surface, and a wrong impression is like the grain of mustard seed: although small at first it has a habit of growing and spreading, and so I shall be pleased if you will kindly publish my explanations, and if your readers, or the writer of the paragraph, should require any further information upon this subject, I am sure that I or any of my colleagues in my club or in any other part of England where your paper may reach, will be only too pleased to give it in the interests of physical culture.

JOS. T. CRATHORNE,
Hon. Sec., the Bridlington Gymnastic and Physical Culture Club.

* * *

The New Proportions of the American Girl.

We have heard so much of late of the increasing stature of the English girl, whose height and breadth have become as much subjects of caricature abroad as were at one time the protruding teeth and angularity of the erstwhile typical Britisher. It is interesting to hear that in America the girl of to-day is also assuming gigantic proportions, and bids fair to more than equal her English cousins in her increasing dimensions.

This is noticeable not only as regards the special realm of dressmakers and outfitters, but in the matter of footgear, stock measurements having had to be altered more than once during the past few years. At one time "sevens" was considered an extra large size in boots or shoes, and one that few women would own up to, whereas nowadays this number is said to be one of the most frequently in demand, while "eights" are not considered particularly abnormal, and shoemakers even make a point of keeping a goodly collection of "nines."

Gloves are likewise supplied in larger sizes, and although manufacturers have tried to play up to the *amour propre* of their clients by altering the numbers, so that what is now called "six and a half" was once "seven" or "seven and a half," the necessity for little deceptions of this kind is no longer apparent.—*Evening Standard.*

SPORTING PATENTS.

This list of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88 Chancery Lane, London, W.C., Registered Patent Agent (by Examination), from whom all information relating to Patents may be had on application:—

Applications for Patents October 9th-14th, 1905:—

20412. O. Tilley, Leicester. Appliance or apparatus for exercising, etc.

20596. J. R. Hamilton, London. Exercising machines.

20039. O. H. Stone, Orton. Grips or handles of golf clubs.

20069. F. Faber, London. Apparatus for physical exercises, particularly adapted for teaching and practising swimming motions and exercises. Antedated. (Complete Specification.)

20713. P. J. O'Hea, Cork. Football.

20725. W. V. Jones and D. Hilderini, Weston-super-Mare. Miniature shooting ranges and their appliances. (Complete Specification.)

Specifications published October 19th, 1905:

25100 of 1904. A. G. Bessemer, Wimbledon, and T. Petersen, London. Fishing reel.

25086 of 1904. J. W. Colebrook, Grimsby. Counting appliance for use of umpires in the game of cricket.

27900 of 1904. J. McKnaught, junr. Crampet for use in the game of curling.

8538 of 1905. J. D. Patchett, Bristol. Oil-holders for dry fly-fishing.

8791 of 1905. C. A. Laughton, U.S.A. Fish line drying reels. Antedated.

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Height.....	Fore Arm L.....
Weight.....	Hips.....
Chest Contracted.....	Thigh R.....
Chest Expanded.....	Calf R.....
Waist.....	Thigh L.....
Upper Arm R.....	Calf L.....
Fore Arm R.....	Ankle.....
	Neck.....

We hereby certify that the above measurements are correct. (SIGNED),

Name..... *Name* .....

.....

.....

All Photos sent in must have the name of the Competitor written plainly on the back, and, if possible, the measurements should be witnessed by at least one medical man.

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Sandow's Magazine Physical Culture Competition.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

(5) The right is reserved to publish any of the photos submitted for competition

(6) **No winner in a previous competition is eligible.**

(7) The coupon on another page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now

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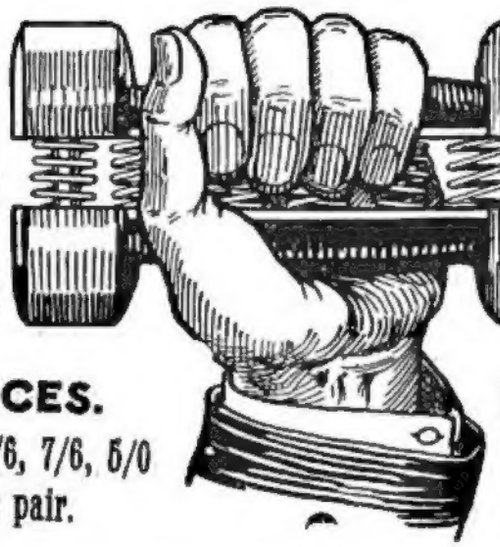

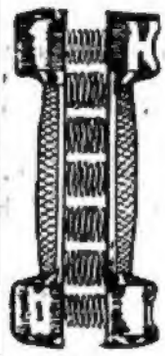

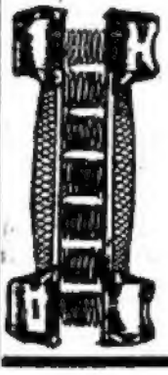

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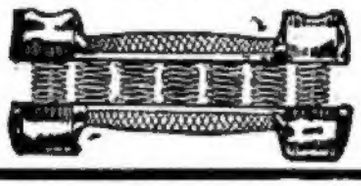

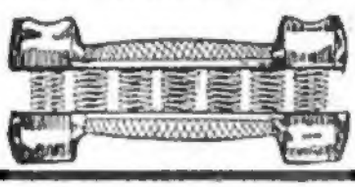

AMUSEMENTS.

THEATRES.

ADELPHI—At 8.30, "Dr Wake's Patient." Mat. Wed. and Sat. at 2.30.

CAMDEN—At 7-45, "The Taming of the Shrew." Mat. Sat. at 2-30.

CORONET—At 8, "The Freedom of Suzanne." Mat. Sat. at 2-30.

COMEDY.—At 8.20, "A Man of the World," 9-0, "On the Quiet." Mat. Sat. at 3.

COURT—At 8-15, "Man and Superman." Mat. Tues. and Friday at 2-30.

CRITERION—At 8.30, "The White Chrysanthemum." Mat. Wed. and Sat. at 2-30.

DALY'S—At 8.15, "The Little Michus." Mat. Sat. at 2-30.

DRURY LANE—At 8, "The Prodigal Son." Mat. Wed. and Sat. at 2.

DUKE OF YORK'S—At 8.15, "Sherlock Holmes." Mat. Thursday at 2.15.

GAIETY.—At 8, "The Spring Chicken." Mat. Sat. at 2.

GARRICK—At 8-0, Mr. Arthur Bourchier and Miss Violet Vanbrugh in "The Merchant of Venice." Mat. Wed. and Sat. at 2-0.

GRAND—At 7-45, "A Girl's Cross Roads." Mat. Thursday at 2.30.

HAYMARKET—At 8.30, "A Privy Council;" at 9.10 "On the Love Path." Mat. Wed. and Sat. at 2.30.

HIS MAJESTY'S—At 8.0, "Oliver Twist." Mat. Wed. and Sat. at 2-15.

IMPERIAL—At 8-30, "The Perfect Lover." Mat. Wed. and Sat. at 2.30.

LYRIC—At 8.15, "The Blue Moon." Mat. Wed. at 2.15.

MARLBOROUGH—At 7-45, "Lady Madcap." Mat. Thurs. at 2.30.

NEW—At 8.30, "Captain Drew on Leave." Mat. Sat. at 3.

PRINCE OF WALES'—At 8-15, "Lady Madcap." Mat. Wed. at 2-15.

SAVOY—At 8-50, "What the Butler Saw." Mat Wed. and Sat. at 2-30.

SCALA—At 8-15, "Carrots," at 9-0, "For the Crown." Mat. Sat. at 2-15.

SHAFTESBURY—At 8-30, "The Walls of Jericho" Mat. Wed. and Sat. at 2-30.

ST. JAMES'S—At 8.30, Mr. and Mrs. Kendal in "The Housekeeper." Mat. Sat. at 2.30.

TERRY'S—At 8-45, "The Duffer." Mat. Wed. and Sat. at 2-30.

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